

ABSTRACT OF THE INVENTION

5 A traction system for use on conventional flexible footwear is provided that includes both toe and heel sections that are independently attached to a wearer's footwear and are connected with a flexible linkage. The flexible linkage allows the traction system to move with the normal movement of the flexible footwear so as to provide a natural walking and running movement. The traction system provides numerous benefits over previously available crampon and other spiked traction systems, including flexibility, light weight, practical usability with a wide variety of footwear types – including highly flexible footwear such as running shoes, compactability, and ready adjustability between different sizes and types of footwear.

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